

Mountaineer

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Photo by Michael J. Pach

Remembering 9/11

Attendees of the ceremony commemorating the fifth anniversary of Sept. 11, 2001, bow their heads in prayer during the benediction given by Chap. (Col.) James Ellison. The ceremony included an introduction

and invocation by Chap. (Col.) Daniel Miller, a reading of the presidential proclamation declaring Sept. 11 Patriot Day, a speech by Brig. Gen. Anne F. Macdonald and a moment of silence.

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MUST SEE



Trail West Family Weekend.
See Pages 22-23.

Word of the month: **DUTY**

Armed Forces Voters Week focuses on electronic options

by Sgt. Sara Wood

American Forces Press Service

WASHINGTON — The Defense Department is focusing efforts to ensure service members stationed overseas and in the States know their options for voting in the 2006 congressional and local elections.

Sept. 3-9 was Armed Forces Voters Week. Officials caution this was the last week to safely submit a Federal Post Card Application, or request voter registration forms and absentee ballots that meet most state deadlines.

The Defense Department is responsible for ensuring the right to vote for military members and their families, and also for U.S. citizens living overseas. It accomplishes this through the Federal Voting Assistance Program, said Michael L. Dominguez,

principal deputy undersecretary of defense for personnel and readiness.

In the last several years, DoD has been challenged to reach deployed service members, whose particular circumstances make it hard for them to participate in the by-mail absentee voting process, Dominguez said. DoD officials have been working on this problem, he said, noting that service members and U.S. citizens living overseas now have an ever-expanding array of electronic voting options available.

DoD has launched a new Web site outlining electronic voting options for residents of each state. The Integrated Voting Alternative Site was launched Sept. 1 and includes information from 55 states and territories on the various

See **Voting** on Page 4

Why 'my' team never wins

Commentary by Karen Linne

Mountaineer editor

With week one of NFL Football complete, here's what I know: teams never pick up exactly where they left off the previous year. Week one is most mysterious as nobody knows, even from watching preseason, which way things will go.

I'm not a football know-it-all, never claimed to be ... but what I do know to be factually correct never truly influences my yearly pick of a "team." See, I have no loyalty. I'm not from a state that has a team nor have I ever lived in a state where the team truly drew me in as a fan. I've moved around a lot, as I used to be a military spouse and before that a Soldier, but no locale ever influenced me to pick the state's team. Not the Cowboys, the Saints nor the Broncos, to name but a few.

So each year I choose a team based on some sort of intuition, feeling or sometimes just plain old premonition. It's never based on which team played well in the preseason or last season, for that matter. Everyone wants to pick the winner, but I normally don't. Perhaps it's my less-than-scientific pattern for choosing a "team."

This year, for example, I won't choose the Seattle Seahawks, as last year the team lost Super Bowl XL to the Steelers. Never mind the teams' disastrous week-one debacle against the Lions. I wouldn't pick the Seahawks even if they look good on paper or if they'd looked good against Detroit this past week, which of course, they didn't. Here's why:

NFL history dictates that the runner-up finisher to the previous year's Super Bowl normally doesn't fare so well the following season. For example, the New York Giants, losers of Super Bowl XXXV, finished 7-9 in 2001. The St. Louis Rams, losers of Super Bowl XXXVI, finished 7-9 in 2002. The Oakland Raiders, big-time losers of Super Bowl XXXVII, finished 6-10 in 2003. The Carolina Panthers, losers of Super Bowl XXXVIII, finished 7-9 in 2004 and finally, the Philadelphia Eagles, losers of Super Bowl XXXIX, finished 6-10 in

2005. So, cross off the Seahawks this year.

I'm originally from the Midwest, so let's take a look at some of those teams first, despite their NFC/AFC affiliations. Although I said I didn't have any loyalty, just humor me here, perhaps there is some underlying Midwest connection. And just maybe in the process I'll bring you enough insight to pick your "team" — this year's winner.

Chicago Bears: As far as the NFC North goes, the Bears seem good enough to win. But will they be good enough for more than one playoff round?

Cincinnati Bengals: With their criminal-element line-up? Hmm ... the Bengals may also suffer on kickoff return coverage if Chad Johnson doesn't find a loophole in the touchdown celebration rule.

Cleveland Browns: This team has a good, young quarterback, but he's not Steve Young.

Indianapolis Colts: My last year's pick. Does Peyton Manning have the goods? I say we wait and see.

Kansas City Chiefs: Unless Herm Edwards can still cover receivers, I think he'll have a hard time improving on what Dick Vermeil managed. The Chiefs were almost as bad on offense as the Bengals looked on defense in their week-one matchup.

Green Bay Packers: Here's my pick for this year ... now, I don't really think they'll win, but like I said, sometimes I just go with what feels good. Picking the underdog is never beyond me and cheering alongside a bunch of "cheeseheads" never sounded so good. Despite their week-one shut-out and yet another weak offensive line, watching Brett Favre is still a good time, and he gives funny quotes: "Give them credit. But maybe we just ain't very good," said Brett Favre after the 26-0 shut-out Sunday.

Minnesota Vikings: Armed with a new coach, the Vikings may do well if they remember that challenging the Bears is not good enough to reach Miami for Super Bowl XLI.

Skipping outside the Midwest region:

San Francisco 49ers: They've invented/perfected the West Coast lack of offense.

I don't think so.

Dallas Cowboys: Terrell Owens may be replacing Keyshawn Johnson in Dallas ... but will he ever get the ball?

New York Giants: Not exactly a positive on the defense.

Denver Broncos: Can't really go there despite the local ties. Denver lost to the Rams in week one. I'll be politically correct and leave it at that. I know there are a lot of die-hard Broncos fans out there, and I don't need hate mail.

New Orleans Saints: Drew Brees may be a sweet acquisition, but will he remain injury-free? Week one yields Saints 1-0, not bad after starting five rookies.

Baltimore Ravens: Could this be the force to reckon with? If the team stays healthy, this year they may be winners. The Ravens beat the Buccaneers 27-0 in week-one play. But Tampa just plain stunk.

Pittsburgh Steelers: Will replacement rookie Antonio Holmes have more dropped passes than dropped charges? Stay tuned sports fans.

New England Patriots: The Patriots had perhaps the ugliest win of week one. If you watch the replay of the Bills-Patriots game, you may see that cornerback Ellis Hobbs had the coverage for what may equate to top NFL corner this year.

Jacksonville Jaguars: The Jags went toe-to-toe with the Cowboys in week one and came out on top. Watch Jacksonville in upcoming weeks against Pittsburgh, Indianapolis and Washington.

Miami Dolphins: I've never been a Dolphins fan, but with Nick Saban in to save the day ... will the Dolphins be better at passing the football than drug tests this year?

As I said, my "team" rarely wins. You may not be bold enough to choose the Packers this year. Or you may have that whole loyalty thing going on with "your" team.

Whatever your choice, whatever your method, have fun this season watching America's favorite pastime.

And, if the Packers make it to Miami, remember ... I told ya so!

POST TALK: Who is your pick to win the Super Bowl? Why will they win?



"Steelers. They're on a roll again, already. They're still holding up to what they did last year."

Pfc. Robert Hollis
183rd Maintenance Company



"Seahawks. They're about due to win. They've been working hard."

Lynn Hart
Emergency Dispatcher



"Lions. I'm a hometown fan. I don't switch around; I support my team."

Sgt. 1st Class McArthur Pickett
64th Brigade Support Battalion

MOUNTAINEER

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NEWS

Walter Reed offers 'breakthrough' vaccine for women

by Michael E. Dukes

Army News Service

WASHINGTON — Female patients at Walter Reed Army Medical Center can now get vaccinated against certain subtypes of the virus that can lead to cervical cancer — a deadly cancer in women.

Walter Reed is one of the first military hospitals to begin using a Food and Drug Administration-approved "breakthrough" vaccine that can be administered to women ages 11-26 to protect them against human papilloma virus type 6, 11, 16 and 18.

Type 16 and 18 account for approximately 70 percent of all cancers of the cervix, and type 6 and 11 account for about 90 percent of all HPV related vulvar condyloma, also known as genital warts.

"It's a significant breakthrough in medicine with respect to vaccinating one against the human papilloma virus," said Lt. Col. G. Scott Rose, chief of gynecologic oncology at Walter Reed.

"While Walter Reed did not invent this vaccine, there's no doubt that we're on the forefront of technology and administration of medical care to our beneficiaries," Rose said. "Offering the vaccine is only an example of that commitment to our patients. This is an important vaccine. It will become a nationwide, if not worldwide, vaccination

effort someday — it has the potential for that. And certainly, Walter Reed would like to be at the forefront of that effort."

Studies suggest that three out of four people will get an HPV infection during their lifetime, according to the American College of Obstetrics and Gynecologists. Women who have had three sexual partners in one year's time are likely to currently have or have had at one time during that year an HPV infection.

"HPV is a very common sexually transmitted disease, much more common than syphilis, gonorrhea and chlamydia," Rose said.

The HPV vaccine is only effective for patients who don't have an active ongoing HPV infection in one of the effected strains, Rose said. "However it's not likely that if you're infected with one, you're infected with all four, so it's still effective against three of the four even if you have one of the strains.

"Although there are over 100 subtypes of HPV that have been identified to date, the ones most commonly associated with cervical cancer and genital warts are covered by this vaccine. So, it's an important vaccine," he added.

"It's basically 100 percent effective vaccine against a disease-naïve patient — a patient who doesn't have type 6, 11, 16 or 18 — it's 100 percent effective

against preventing that infection," Rose said.

"The real question is: 'Is it cost effective?' In other words, if you know it's not effective in a patient who has already been exposed or currently has an active infection, is it cost effective to give it to everybody? We are currently doing a cost analysis study in the Army to answer this question," he said.

"I think it will be, but what you have to take into consideration is the percentage of patients who are active duty, who have an active infection," Rose added.

Also, HPV infection is not necessarily an indication that an infected woman will get cervical cancer. "Once you get the virus, it's very common that it will regress on its own within six to 12 months," Rose explained. "If it does go away you can then get vaccinated against it. But even if you have HPV and you get vaccinated, you're still protected against the other three of the four strains. Unfortunately, there is no cost effective way to identify if a patient is infected with a specific strain. Current, HPV testing can only identify if a patient is infected with any one of a panel of the HPV."

It's the HPV infections that don't go away, those which are persistent, that cause doctors to be

Vaccine

From Page 3

particularly concerned. "Persistence can lead to what is called cervical dysplasia, or abnormal cells on the cervix which can lead to pre-invasive cervical cancer and invasive cervical cancer," Rose said.

Regular gynecological exams are important for early detection and potential treatment of cervical cancer. Women who have regular Pap tests are least likely to get cervical cancer, according to the American Cancer Society.

Rose said it is very common for parents with teenage daughters to become defensive when the vaccination option is offered for teenage girls. They insist their daughters aren't having sex. But the denial is pointless, because the vaccine can protect them whether they are sexually active now or in the years to follow.

"The bottom line is, we really don't know if our children are having

intercourse or not," Rose said. "Eighty-five percent of all college-aged students and high school seniors have been or are currently sexually active. That's an astounding number.

"Vaccination is an important method to help prevent cervical cancer and genital warts," Rose said.

"The cost of not being vaccinated and late detection can be costly, he added. "Cervical cancer can result in loss of fertility, because it requires either the removal of the uterus or treatment with chemo radiation," he said.

"And genital warts are a physically and socially debilitating disease in the sense that when somebody gets tagged with the moniker of having warts, not only are they visible, but it's psychologically impairing to the patient.

Vaccinating against HPV type 6, 11, 16 and 18 is a three-step process given over a six-month period.

Women and parents of girls should discuss HPV and vaccination options with their gynecologists.

Voting

From Page 1

electronic ballot requests and delivery alternatives available to U.S. citizens living overseas covered under the Uniformed and Overseas Citizens Absentee Voting Act, said Scott Wiedmann, deputy director of the Federal Voting Assistance Program. The IVAS can be found on the Federal Voting Assistance Program Web site (www.fvap.gov), and will be updated to reflect changes to state laws, he said.

Most states allow at least part of the voting process by fax, and states are slowly embracing the use of e-mail for ballot requests and delivery, said Polli Brunelli, director of the Federal Voting Assistance Program. Currently, 50 voting jurisdictions allow the use of fax for the registration process; 34 states allow the faxing of blank ballots to the voter; and six to 10 states are interested in

using Web technologies for the voting process, she said.

DoD has developed two Web-based tools that states can use in the voting process, Wiedmann said. Both involve an online, automated version of the Federal Post Card Application, which is the form used for voter registration and request of absentee ballots. Both are designed for individuals who are already registered to vote in their home states. The first tool would allow registered voters covered under the overseas act to log onto a secure Web site, fill out automated Federal Post Card Applications, and e-mail them to their local election officials, Wiedmann said. The second tool would allow registered voters to upload the completed applications to a secure server, where the local election officials can log on and download the forms and then possibly upload blank ballots to the same site for the voters to access, he said.

MILITARY

Iraqi soldiers learn to be better NCOs

by Pfc. Paul J. Harris
3rd Heavy Brigade
Combat Team

MUQDADIYA, Iraq — Noncommissioned officers furiously take notes on their booklets as these 3rd Company, 3rd Battalion, 5th Iraqi Division soldiers received a lesson from coalition forces on how to be better at their jobs.

In dealing with the Iraqi army on a consistent basis, Command Sgt. Maj. David List, command sergeant major, 3rd Heavy Brigade Combat Team, 4th Infantry Division, noticed the Iraqi NCOs were more of a go-between the officers and junior enlisted, instead of demonstrating a proactive, authoritative position of their own.

As a result, List sat down with 3rd HBCT's interpreter over the course of two weeks and developed a nine-page manual in Arabic for Iraqi NCOs to reference during their training at the NCO Academy at

Forward Operating Base Normandy.

"We did not want to make it a carbon copy of the American Army," List said. "What I want to push forward to them is that they need to show that their officers can trust them with responsibility and leadership instead of taking charge of everything and going right around them."

In his brief, List decided to hit upon three core fundamentals of NCO leadership.

"Duties, responsibilities and authority are three things a non-commissioned officer needs to know; most of which was taken out of the NCO guide (Army Field Manual 22-7.7)."

At first, the senior Iraqi NCOs were a bit resistant to the ideas List suggested. He said they would reply with the argument of, "We can't do that because our weapons are not as good; we can't do that because we have no medical supplies; we cannot do that because we cannot even wash our clothes."

Coalition forces have been a supply link to the Iraqi army while the centralized government was being established. Now that a government is in place, the hard process of weaning the Iraqis off coalition support is starting to take place.

"One of the big issues with the Iraqi army is that they have no confidence in their AK rifle," List said. "They think the M-16 or the M-4 is the catch-all to every single battle, and that is not true. A guy trained well with an AK-47 can be as well trained as a guy with an M-4. They do not see that through leadership, they see that through mechanics."

Though the Iraqi Army has had its share of challenges, improvement has been seen since the Iron Brigade returned to Iraq in winter 2005. In the beginning, the Iraqi soldiers would wait to see what the coalition forces would do before reacting, said Sgt. 1st Class Ronald Montano,



Photo by Sgt. 1st Class Ronald Montano, 3rd HBCT Command Sgt. Maj. David List, command sergeant major, 3rd Heavy Brigade Combat Team, 4th Infantry Division, speaks to Iraqi noncommissioned officers from 3rd Company, 3rd Battalion, 5th Iraqi Division on how to better themselves at the NCO Academy at Forward Operating Base Normandy.

Military briefs

Miscellaneous

Finance in and out processing — The in and out processing section of finance has consolidated its operations on the second floor of bldg 1218. Travel and accessions moved from the first floor of bldg 1218 to the second floor. Customers for in and out processing should go to room 230 in bldg 1218, sign in and wait for a technician. Phone numbers remain the same: Separations 526-8473/8476/1302; retirement 526-4233/4234/8470; travel 526-9930/0507/0475; accessions 526-8479/8236/4558; and chief of in and out processing 526-6230.

ID cards/DEERS closure — The identification cards/Defense Enrollment Eligibility Reporting System section will be open today from 7:30-11:30 a.m. and closed the remainder of the day for organizational day. For more information call 524-3584.

ACAP relocation — The Army Career and Alumni Program Center has moved to bldg 1117, room 114. Soldiers should use the southwest entrance. Hours of operation are 7:30 a.m.-4 p.m.

Veterans Administration relocation — The VA is now located in bldg 6220 on the first floor.

Defense Military Pay Office closure — The Defense Military Pay Office, 230th Finance Battalion, will be closed today for organizational day. For emergencies call 338-8948 or 502-6640.

Harmony in Motion auditions — Harmony in Motion will hold auditions for the noncommissioned officer in charge position as well as sopranos, altos, tenors and basses. Auditions will be held daily at the Freedom Performing Arts Center, bldg 1129, from 9 a.m.-noon and 1-4 p.m. Visit the Web site at www.carson.army.mil/harmony for more information.

Casualty and Mortuary Affairs offices move — Fort Carson's Casualty and Mortuary Affairs offices have moved to bldg 1218, rooms 164, 165 and 168. Telephone numbers remain the same.

ASE exams — Automotive Service Excellence exams will be administered Nov. 9, 14 and 16 at the Mountain Post Training and Education Center. Funded exams are available for service members who are currently in an automotive technology degree program or have an eligible military occupational specialty in the automotive/mechanical service specialties.

Soldiers interested in taking the exams must register prior to Monday. Contact a guidance counselor in bldg 1117 for more information.

TSP Pilot — Let the Thrift Savings Plan Pilot take the guesswork out of your TSP fund choice decisions (including the new L funds). TSP Pilot's investment analysts give you optimized fund balance allocations you can plug into your TSP account Web site to maximize returns. A free issue is available. Please allow a few moments for the page to fully load: <http://TSP-pilot.com>.

Environmental Health training — The Environmental Health section of Preventive Medicine offers heat category monitoring training, food service sanitation training and classes on hot and cold weather injuries, sexually transmitted diseases, hearing conservation and medical threat briefings. For more information on these classes call 526-7922 or 524-2238.

DPW services — The Directorate of Public

Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper, and cleaning motor pools. Listed below are phone numbers and points of contact for services:

- Facility repair/service orders — KIRA service order desk at 526-5345. Use this number for emergencies or routine tasks.
- Refuse/trash — Call Kandy Clark at 526-9243 when needing trash containers, trash is overflowing or emergency service is required.
- Facility custodial services — Call Larry Haack at 526-9237 for service needs or to report complaints.
- Elevator maintenance — Call Sharon Gayle at 526-1695.
- Motor pool sludge removal/disposal — Call Kandy Clark at 526-9243.
- Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper.
- Base operations contract COR — Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.
- Portable latrines — Call Kandy Clark at 526-9243 to request latrines, for service or to report damaged or overturned latrines.

CIF Hours

Regular business hours

The Central Issue Facility has changed its operating hours. The CIF is no longer open to Soldiers on Fridays. Soldiers may make appointments by calling 526-3321. Listed below are the new operating hours.

Inprocessing

Monday-Thursday from 7:30-10:30 a.m.

Initial issues

Monday-Thursday from 12:30-3 p.m.

Partial issues

Monday-Thursday from 12:30-3 p.m.

Cash sales/report of survey

Monday-Thursday from 7:30 a.m.-3 p.m.

Direct exchange

Monday-Thursday from 12:30-3 p.m.

Partial turn-ins

Monday-Thursday from 12:30-3 p.m.

Full turn-ins

Monday-Thursday 7:30-10:30 a.m.

Unit issues and turn-ins

Call 526-5512/6477 for approval.

Hours of operation

Education Center hours of operation — The Mountain Post Training and Education Center's hours are as follows:

- **Counselor Support Center** — Monday through Thursday 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.
- **Learning Resource Center** — Monday through Thursday 9 a.m.-8 p.m.; Friday 9 a.m.-5 p.m.; Saturday 10 a.m.-3 p.m.; and training holidays 9 a.m.-5 p.m.
- **Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday-Friday 7:30-11:30 a.m. and 12:15-4:15 p.m.; closed training holidays.
- **Basic Skills Education Program/Functional Academic Skills Training** — Monday-Thursday 1-4

p.m.; closed training holidays.

• **eArmyU Testing** — Monday-Friday, 12:15-4:15 p.m.; closed training holidays.

Military Occupational Specialty Library — Monday-Thursday 9 a.m.-8 p.m.; Friday 9 a.m.-5 p.m.; Saturday 10 a.m.-3 p.m.; and training holidays 9 a.m.-5 p.m.

Legal Assistance hours — Operating hours for the Legal Assistance Office are Monday-Thursday from 9 a.m.-5 p.m. and Friday from 9-11:30 a.m. and 1-4 p.m.

Claims Division hours — The Claims Division office hours are Monday-Thursday from 9 a.m.-5 p.m, Friday from 8 a.m.-1 p.m. and closed federal and training holidays.

To make a claim, Soldiers must attend a mandatory briefing, which is given Mondays and Wednesdays at 10 a.m. and 2 p.m.

At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

DFAC hours — Fort Carson dining facilities operate under the following hours:

Wolf Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Butts Army Airfield — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

Patton Inn — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

10th SFG — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

Briefings

Special Forces briefings — will be held Wednesdays at bldg 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m.

Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical. Call 524-1461 or visit the Web site at www.bragg.army.mil/sorb.

ACAP briefing — The Army Career and Alumni Program preseparation briefing is required for all departing service members. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. ACAP preseparation briefings are held Monday-Friday from 7:30-9 a.m.

Attendees should report to ACAP by 7:15 a.m., bldg 1117, room 114. Call 526-1002 to schedule the briefing.

ETS briefing — ETS briefings for enlisted personnel will be held the first and third Tuesday of each month until further notice.

Briefing sign-in begins at 7 a.m. at bldg 1042, room 310. Briefings will be given on a first-come, first-served basis.

Soldiers must be within 120 days of their ETS but must attend the briefing no later than 30 days prior to their ETS or start date of transition leave. Call 526-2240 for more information.

Silver Lions bid farewell to friend

Story and photo by Pfc. Paul J. Harris

3rd Heavy Brigade Combat Team

BAQUBAH, Iraq — “Madaras had the answer, he had all the answers and he was only 19 years old,” said Sgt. Brendan McCullagh, Headquarters and Headquarters Company, 1-68th Combined Arms Battalion, 3rd Heavy Brigade Combat Team, at his friend’s memorial Sunday at Forward Operating Base Warhorse.

Pfc. Nicholas A. Madaras, driver, HHC, 1-68th CAB, was killed Sept. 3 from injuries suffered during combat.



During a memorial Sunday for Pfc. Nicholas A. Madaras, Headquarters and Headquarters Company, 1-68th Combined Arms Battalion, 3rd Heavy Brigade Combat Team, Lt. Col. Thomas Fisher, commander, 1-68th CAB, pays his respects at Forward Operating Base Warhorse.

Upon joining the company, Madaras’ intelligence and potential was immediately recognized by his platoon sergeant, Staff Sgt. Daniel Ritchie. Ritchie approached Capt. Sterling Packer, HHC commander, to discuss sending Madaras to the United States Military Academy at West Point.

“This prospect excited me as I have always wanted to send one of my Soldiers to West Point,” Packer said.

During some downtime at Logistical Support Area Anaconda, Packer asked Madaras why he chose to join the Army instead of attending some of the notable colleges that had accepted him just out of high school.

“Everybody has an obligation, whether it is just three years or 27, to do their part for their country,” Madaras said to Packer.

“I don’t see how one could sit around and do nothing while halfway across the world our brothers and sisters are dying on a daily basis!”

One of his military brothers, Pfc. Joshua Daily, spoke at the memorial about the influence Madaras had on his life.

“He could always make you laugh even when you didn’t want to,” Daily said.

“He could always tell you a joke or say something funny and it would only be funny if he told it. I know a huge part of me is gone because he was such a big influence on me and made me want to be a better man.

“He was a great Soldier and outstanding person. I am proud to say I had the privilege of having him in my life.”

NCOs

From Page 5

personal security detachment platoon sergeant and brigade master gunner, 3rd HBCT, who attended List’s brief.

Montano noticed recently that the NCOs are starting to maneuver and organize their soldiers on their own. They had come into contact with a roadside bomb and the Iraqi army spotted suspected insurgents fleeing from the site. Montano said they quickly organized themselves to enter the elephant grass, captured the insurgents with proper coverage of their gun truck and were able to assault the objective without coalition forces telling them to do so.

At the end of List’s briefing, some of the Iraqi NCOs approached him to say “thank you.”

“We will do our very best to instill this into our soldiers ... but if we cannot take care of our soldiers, then we cannot accomplish any mission,” an Iraqi soldier said to List.

“For me, that was ‘they got it.’ They understand if the soldier cannot take a shower when he comes off patrol, if he cannot clean his weapon, if cannot wash his clothes then they (NCOs) are not truly taking care of their soldiers, and that is the whole thing,” List said.

“I am not trying to get them to sing ‘Kumbayah’ but (rather to) stick together.”

See **Farewell** on Page 9

NORAD CBRN conference hosts interagency groups

by Chief Petty Officer Susan Hammond

North American Aerospace
Defense Command Public Affairs

PETERSON AIR FORCE BASE, Colo. — The North American Aerospace Defense Command hosted its annual Chemical, Biological, Radiological and Nuclear Conference Aug. 29-31 with more than 60 attendees representing dozens of agencies involved in weapons of mass destruction response and prevention.

"We definitely met our objective in getting the different agencies and units together," conference coordinator Army Lt. Col. Beth J. Kalb said. "We gained a better understanding of the different agencies and commands involved in CBRN, who we can call if we need help with resources, and the best assets available."

NORAD hosts the CBRN conference each year, usually for an all-NORAD audience. But about every three years the scope is broadened to include outside participants.

Because interest in this year's conference was high, organizers had to find a bigger venue to accommodate attendance, and the conference briefings were declassified.

"The move did not hinder the quality of the briefings, which were general descriptions of roles and responsibilities of the different agencies," said Canadian Forces Capt. Daniel J. Noebert, conference facilitator. In fact, Kalb said, the conference exceeded expectations in quality of the briefings and the quality of the presenters.

The National Guard's 8th Weapons of Mass

Destruction — Civil Support Team, based at Buckley Air Force Base, Colo., displayed seven of its specialized vehicles during the conference.

The 22-member emergency response team is one of approximately 40 certified teams nationwide. WMD-CSTs are made up of full-time Army and Air National Guard members who respond to emergencies involving chemical, biological, radiological, nuclear or high explosive agents or substances. The teams are located within 90 miles of major cities.

The display vehicles contained high-speed, high-tech communications and equipment and included a tactical command center, an analytical laboratory to process potentially hazardous materials, a vehicle with medical treatment capabilities and surveillance vehicles.

"They are like ice cream trucks that can be loaded on a C-5 (large cargo) plane with trailers," said Sgt. 1st Class Mike Harvey, explaining the teams' ability to travel on short notice to incident locations.

"The CST ... was very popular and (provided) an outstanding display of their capabilities," Kalb said. She said people enjoyed the opportunity to talk to the personnel who actually operate the equipment and



Photo by Petty Officer 1st Class Shane Wallenda
Sgt. 1st Class Munoz of the National Guard's Weapons of Mass Destruction — 8th Civil Support Team, based at Buckley Air Force Base, Colo., demonstrates the capability of the communications truck at a display of WMD-CST vehicles during the NORAD Chemical, Biological, Radiological, Nuclear conference at Peterson Air Force Base Aug. 29-31.

meet with first responders across the nation.

"It was great to talk to the young Soldiers and Airmen. You could tell they really like what they do."

Another popular segment of the conference, Kalb said, was a tour of NORAD's Cheyenne Mountain Directorate, which is located at the Cheyenne Mountain Air Force Station, about 12 miles from Peterson Air Force Base.

Local Freedom Walk honors Sept. 11 victims, veterans

50th Space Wing Public Affairs

AURORA, Colo. — Hundreds of Coloradans stepped out from the site of the state's future veterans memorial Saturday and walked a mile and a half to the Aurora Municipal Center to remember the victims of the Sept. 11, 2001, terrorist attacks and to honor the nation's past and present veterans.

The Aurora/Denver Freedom Walk is one of more than 120 similar events that took place Saturday, Sunday and Monday under the auspices of the Defense Department's America Supports You program.

Country music artist Tammy Cochran meets with members of Fort Carson's Harmony in Motion musical group before its performance at the Aurora Municipal Center Saturday. Harmony in Motion performed patriotic songs to open a memorial observance.



Photos by Air Force Staff Sgt. Don Branum

Leo Pacheco, executive director for the Beacon of Hope Outreach Center, which sponsored Aurora's Freedom Walk through its America Supports You-affiliated Operation Hope program, said the forecasted rain may have kept some people away from the first event of its kind here, but the weather could do nothing to dampen the purpose of the event.

"This is Colorado's contribution to commemorate (Sept. 11), to honor our first responders and to support the troops," he said, noting that sponsors for next year's Freedom Walk are already lined up.

Soldiers from Fort Carson supported the event: the Mountain Post's mounted color guard led the parade, and the singing group, Harmony in Motion, opened the afternoon's companion observance at the Aurora Municipal Center.

"We've been working with the America Supports You program ever since it started," said Army Col. Mike Gunn, III Corps, of Fort Carson. "These kinds of events are superb: they show support for the community and they allow us to give back to the community. We couldn't make it without this community."

Army Sergeant John Brownrigg, a member of the mounted color guard, said he was proud to represent Fort Carson and the Army during the ceremony.

"I really appreciate anybody who shows support for the military, especially the first responders, since my mom was a fire chief back home. It's a great opportunity for people to show that they support us," he said.

Farewell

From Page 7

Some of Madaras' awards include the Bronze Star Medal, Purple Heart, Army Commendation Medal and the Combat Infantryman's Badge.

He is survived by his parents, William and Shalini Madaras, his sister, Marie, and brother, Christopher.

"Nick Madaras chose to be a Soldier and do his solemn duty when our nation called," said Lt. Col. Thomas Fisher, commander, 1-68th CAB.

"He could have gone elsewhere, selected a different way of life, but he had a heart of courage and the warrior ethos that made him part of an uncommon league of extraordinary heroes who rise each morning and face great peril because of noble character. Private Madaras stands out among our bravest due to his dedication and selfless service."

Editor's note: A local memorial service for Madaras will be held at Soldiers' Memorial Chapel in upcoming weeks.

Walk

From Page 9

One walker said she came out because that's how she was brought up.

"My father served in Vietnam, and my whole family has always been very patriotic," said Jill Stevenson of Centennial. "Since Sept. 11, he's flown his flag every single day. I have friends who have served in Iraq, and I lost a friend in Iraq, so I'm here to support the Soldiers. My whole life, I was always taught that if you saw a Soldier, you should walk up to him and shake his hand and thank him for serving his country."

Fairfax County, Va., Fire Department Battalion Chief John Everett told the audience his story of responding to the attack on the Pentagon and said observances like this are important to help Americans remember why they're at war and pull together to defeat terrorism.

Army Staff Sgt. Paul Brondhaver, an Ohio National Guardsman from Cincinnati who suffered more than 300 shrapnel wounds in a rocket-propelled grenade attack in Samarra, Iraq, in July 2004, told the Aurora audience why he came to join them.

"Every step I took today I dedicated to those civilians of Sept. 11, the firefighters, the policemen and our troops," he said. "(I dedicated) every step for those who can't be here."

He also thanked the nation's veterans from all services from all the nation's wars.

"To the World War II and Korea veterans: thank you for allowing me to be born in freedom. If you're a Vietnam veteran, I want to welcome you home," Brondhaver said.

The Ohio Guardsman told the audience that everyone present at Saturday's event had something

in common when they raised their heads from their pillows that morning.

"Every single one of us, when we raised up our head, were in the United States of America," he said. "We wake up into freedom every single day."

Brondhaver said his near-death experience in Iraq has opened the way for him to travel the country to remind Americans that faith, family and friends can help anyone overcome any situation. He came to that realization, he said, as he lay on a street in Samarra, fully expecting to die as his thoughts turned to his family.

"Faith got me here to the state of Colorado to walk when they (doctors) said I would never walk again," he said.

He challenged those in attendance to carry the Freedom Walk's message forward in the community to their friends and neighbors who weren't able to make it.

"I want to challenge you to let everybody know how important it is to honor our fallen and to honor those who are here today and those who are at Walter Reed (Army Medical Center) recovering, and those military personnel who are across the street in this great city," he said. "Every day we need to never forget. Every day we need to honor those who have paid everything dearly."

Choking back tears, he noted the sacrifices that families of military personnel must make.

"It was easy for me as a Soldier to go over there and do my job, compared to what my wife and my family had to go through," he said. "So thank you, family

members. And thank you, America, for your prayers."

Brondhaver also introduced a name he believed everyone should know — that of a Soldier who is missing in action somewhere in Iraq.

"His name is (Army) Pfc. Matt Maupin. He's from Cincinnati, Ohio. He was captured in Iraq on April 9, 2004. He's a staff sergeant now, and he's still in captivity," Brondhaver said, asking the audience to keep Maupin in their thoughts and prayers. He told the audience he speaks with Maupin's family weekly.

"His father said he served with honor, and he's serving today with honor," he said. "I want you to make Matt Maupin a household name. And if you pray, pray. And if you don't pray, think about him and keep that hope alive."



A member of the Aurora Police Department stands by a road while Colorado Freedom Walk participants walk alongside Alameda Avenue Saturday. Hundreds of Colorado residents joined in the mile-and-a-half walk to commemorate victims of the Sept. 11, 2001, attacks on the World Trade Center and the Pentagon.

COMMUNITY

Beware of predatory lenders

by Michael J. Pach
Mountaineer staff

Are you looking for a new vehicle? Are you anxious to buy the audio system of your dreams? Maybe you're just having trouble paying your bills. There are plenty of businesses nearby that will be willing to help you achieve these goals, but you have to protect yourself from predatory lenders and their practices.

Predatory lenders are described as institutions that target young, inexperienced customers who have jobs but little money saved. They charge high interest rates, usually above 20 percent, and justify this practice by claiming inexperienced borrowers are a high risk. Predatory lenders do not make loans based on a customer's ability to repay a loan but rather on assets such as bank accounts and vehicle titles. If consumers default on a loan, the lender can seize these assets.

Predatory lenders often count on a borrower's inability to repay a loan so they can offer a loan extension with an even higher rate. Some loans contain clauses that prohibit an early payoff so the lender can collect as much interest as possible. Borrowers are often caught in a cycle of making only minimum payments, and if most of that payment goes toward interest, the loan will never be paid off completely.

One common predatory loan is the payday loan. Payday loans are usually less than \$500, but can cause a lot of trouble for the borrower.

When a person takes out a payday loan, they are expected to pay the full amount plus the finance charges by their next pay period. If consumers can't afford to pay bills after paying off the loan, they'll be forced to take an extension that will cost them even more money.

There is a high concentration of predatory lending businesses located near military bases, and these companies often use wording in their ads to make borrowers think they are affiliated with the military.

This has become such a problem that the

Department of Defense is taking initiatives to curb these practices.

Patricia Randle, Army Community Service Financial Readiness program director, recommends that Soldiers and their families be cautious of companies that target the military and suggests they take the time to research a product purchase before making a final decision. "The Internet is a valuable tool for buyers to make sure they are getting a fair price," Randle said. "It's best to save for a large purchase and pay in full instead of buying with credit or taking out a loan."

She also cleared up a common misconception regarding cooling off periods and financial contracts. Most people think that they have a cooling off period that allows them to cancel a contract within three days if they change their minds. "Cooling off periods only apply to contracts signed in your home," Randle said.

If you sign an unfair contract at a car dealership or other place of business, you're locked in, but there may be help for you. One of the jobs of ACS debt management counselor, Fred Lewis, is to negotiate a better deal with creditors. "Sometimes, I can negotiate a better rate or arrange to have the merchandise returned," said Lewis.

"Other times, the Soldier will have to make payments on the current loan to establish a payment history then we can apply

for a better loan with a reputable institution and pay off the original loan."

A Soldier can be discharged for indebtedness if


the Army perceives they are a risk, so it is important to avoid getting into financial trouble. If you need financial help, call 526-4590 to make an appointment with an ACS financial management counselor or visit the ACS


section of the Fort Carson Web site at <http://community.carson.army.mil/ACS> for a list of informative classes and events.


Fort Carson's ACS Financial Readiness will host a seminar entitled "Your Money or Your Life," Sept. 21 from 9 a.m.-noon at the Elkhorn Conference Center. For details call 526-4590.





Common traits of predatory lenders


 Predatory lenders seek out young and financially inexperienced borrowers who have bank accounts and steady jobs, but also have little in savings, flawed credit or have hit their credit limit. These borrowers are less likely to weigh the predatory loan against other opportunities and are less likely to be concerned about the consequences of taking the loan.

 Predatory lenders make loans based on access to assets (through checks, bank accounts, car titles, tax refunds, etc.) and guaranteed continued income, but not on the ability of the borrower to repay the loan without experiencing further financial problems.

 Predatory lenders market to the military through their concentrated presence around military installations and/or through the use of terms to affiliate themselves with the military. Increasingly the Internet is used to promote loans to service members.

 Predatory products feature high fees/interest rates, with some requiring balloon payments, while others pack excessive charges into the product. The result of their efforts is to cloud over the comparative cost of their product with other options available to the borrower.

 Most of the predatory business models take advantage of borrower's inability to pay the loan in full when due and encourage extensions through refinancing and loan flipping. These refinances often include additional high fees and little or no payment of principal.

 Predatory lenders attempt to work outside of established lending rate limits, either by attempting to obtain exemptions from federal and state statutes or by developing schemes designed to circumvent existing laws.

*Information obtained from DoD report on predatory lending practices.

Fort Carson schedules dust control for priority unpaved roads

Directorate of Environmental Compliance and Management

Fort Carson has state and county requirements to control dust on unpaved roads. To help prevent dust traveling off the installation and to minimize air pollution issues in surrounding communities, Fort Carson will apply dust suppressant during the week of Sept. 18.

Magnesium chloride, an environmentally-friendly chemical,

will be sprayed on the majority of unpaved roads in the cantonment area and on some of the more heavily trafficked unpaved roads and tank trails down range. Not every unpaved road will receive dust suppression application due to costs and other considerations. Best management practices such as complying with the 20 mph speed limit on unpaved roads and tank trails can help Fort Carson minimize dust emissions and stay in compliance with air regulations.

Fort Carson has been using magnesium chloride to stabilize soil since 1996. It attracts moisture to provide maximum control of dust.

When the magnesium chloride spray is applied correctly, it does not cause harm to human health or the environment. Magnesium chloride is not irritating to the skin, and is less toxic than many household items such as baking soda, caffeine and table salt.

If possible, drivers should avoid

freshly sprayed areas until they have dried to prevent carrying mud off the roads and getting the chemical on vehicles, which should be removed with water because it can be corrosive if allowed to build up for an extended period of time.

Commanders and first sergeants are encouraged to inform their Soldiers of the process.

For more information call the Fort Carson Air Program at 526-1708.

Community briefs

Miscellaneous

Jewish High Holy Day worship — Temple Beit Torah, 522 E. Madison, Colorado Springs, a member of the Union for Reform Judaism, welcomes all to its High Holy Day worship. Services include Union and Reform Judaism. On Sept. 22, an evening service will be held at 8 p.m., on Sept. 23 a children's service at 10 a.m. and a morning service at 11 a.m.

Yom Kippur will be celebrated with a Kol Nidre service Oct. 1 at 8 p.m. On Oct. 2, a children's service will be held at 10 a.m.; a morning service at 11 a.m.; a study session at 1:30 p.m.; an afternoon service at 2:30 p.m.; a memorial service at 4 p.m.; a concluding service at 4:45 p.m.; and break-the-fast will be held at 5:30 p.m. For more information call Marilyn Conn at 573-0841 Tuesday and Thursday from 9 a.m.-2 p.m.

Jewish High Holy Days at Temple Shalom — Temple Shalom, 1523 E. Monument St., Colorado Springs, will provide active-duty military members and their families with free tickets to Jewish High Holy Day events.

For a complete list of events visit the Web site at www.templeshalom.com, e-mail shalom@qwest.net or call 634-5311, ext. 15. Tickets must be picked up by noon, Thursday.

Special Education Advisory Council — Parents, community members and school staff are invited to attend the next meeting of the Fountain-Fort Carson School District Eight Special Education Advisory Council. The council is responsible for creating the Special Education Parent Handbook, the monthly newsletter, organization of parent/educator trainings and advisement of the director of Special Programs. The next meeting is Thursday from 9-11 a.m. at Fountain-Fort Carson High School, 900 Jimmy Camp Road, Fountain. For more information or to R.S.V.P., call Peter Babeu at 382-1569 or e-mail pbabeu@ffc8.org.

Road closure — Prussman Boulevard will be closed from Wetzel to Specker avenues Sunday from 8 a.m.-5 p.m. The road will be closed for the removal of two large cottonwood trees that have become a safety hazard. Motorists traveling along Prussman Boulevard will have to detour to either Wetzel Avenue, Hogan Street or Specker Avenue. The Prussman Boulevard entrance to Burger King will be closed. Other Burger King entrances along Specker Avenue and McDonald Street will remain open. For details call 526-1860.

Rocky Mountain USO Inaugural Golf Tourney set for Sept. 22 — The Rocky Mountain United Services Organization Inaugural Golf Tournament is set for Sept. 22 at 8 a.m. with a shotgun start at Cheyenne Shadows Golf Club, bldg 7800. Space is limited. Registration may be completed online at www.RMUSO.org to reserve a place, but reservations are not confirmed until cash or check in the amount of \$100 per person is received. Deadline for registration is Sept. 18. Make checks payable to Rocky Mountain USO. The \$100 per person fee includes green fees, cart, lunch, goodie bags, plus a gift certificate for one free round of golf at Cheyenne Shadows golf course. Proceeds benefit the new Fort Carson USO and the Denver International Airport USO, a nonprofit organization providing services for the military. For details on the tournament call Hedy Margolis at (303) 342-6877.

PMO may have your bike — The Fort Carson Provost Marshal's Office has collected a number of lost or stolen bicycles belonging to residents. If you've lost a bicycle, contact the Fort Carson Military Police Station for an appointment to view bicycles. Bikes not claimed in the next 30 days will

be given to several local nonprofit organizations. For more information call 526-2053.

Job openings — Fountain-Fort Carson School District Eight has openings for food service workers and drivers. For more information call 382-1334 or apply in person at 11355 Old Pueblo Road in Fountain.

Military Convocation Choir — The Military Convocation Choir hosts a workshop Sept. 18-22 at 7 p.m. daily. A concert will follow on Sept. 23 at 6 p.m. The workshop begins at Peterson Air Force Base Chapel, Sept. 18-20, and continues at Prussman Chapel at Fort Carson, Sept. 21-22. The concert will be held at Prussman Chapel. The workshop is open to all. For information call Zina Parker at 440-9870.

"Family Day — A Day to Eat Dinner with Your Children" — is held the fourth Monday of September each year. The Department of Defense Education Activity, the Defense Commissary Agency and other military affiliated organizations are partnering to support the event.

Military families can register to win a trip to New York for a healthy dinner prepared by renowned Food Channel Chef Sandra Lee. The contest will be conducted online through Sept. 30. Access the link via the commissary Web site at www.commissaries.com. Commissary customers can find contest information at stores.

Sewing/quilting opportunity — Learn to sew or share your quilting experience the first, third and fourth Wednesday of each month from 9 a.m.-noon at Colorado Springs First Baptist Church. Free babysitting and lunch are provided. Call 578-0746 or 598-0993 for more information.

Ongoing road closures — Portions of Specker Avenue and Titus Boulevard will be closed until April. Questions about the closure or disruption of traffic along Butts Road can be addressed to Fort Carson's Directorate of Public Works Traffic Engineer, Rick Orphan at 526-9267, or Fort Carson's Army Corps of Engineers Transformation Resident Office, Maj. John Hudson at 526-4974.

September Volksmarches — Fort Carson's Directorate of Morale, Welfare and Recreation and the Falcon Wanderers sponsor a walk Sept. 23 at Turkey Creek Ranch Recreation Area. The five- or 10-kilometer routes will start between 8 a.m. and noon. Leashed pets and large-wheeled strollers are welcome. The trails on dirt roads and horse trails are rated moderate.

For more information call 526-0460 or 667-5662 or visit the Web site at www.angelfire.com/co4/fv.

Teen Scene — Evans Army Community Hospital hosts a program for teenage mothers and moms-to-be the second Wednesday of each month in the third floor conference room. For more information call Rhonda Tulensa at 526-7030 or Carissa Sullivan at 526-7090.

Sustainability conference — Fort Carson's fifth annual Community Sustainability Conference and Exposition will be held Nov. 8-9. The topic is "Gaining Irreversible Momentum for Regional Sustainability." An ice breaker will be held Nov. 8, and the conference will be held Nov. 9. Visit the Web site at <http://sems.carson.army.mil>. Register for the conference on the Web site.

Prevention of hantavirus urged — The recent death of a man camping in El Paso county is a reminder of the threat hantavirus poses to the region's residents.

Hantavirus is a serious viral illness caused when people breathe in the dried urine, feces or saliva of infected deer mice. Deer mice and hantavirus are common in El Paso county. Some steps to avoid coming into contact with the virus include:

- Rodent-proof homes and buildings to keep mice out.
- Eliminate rodent food supplies and hiding places.
- When cleaning rodent-infested structures use special precautions such as airing out rodent-infested buildings or areas at least 30 minutes before cleaning.
- Do not sweep or dry vacuum rodent contaminated surfaces.
- Use a solution of household bleach (one cup per gallon of water) to disinfect area. Wear disposable gloves and mask when cleaning.
- When camping or sleeping outdoors, avoid sleeping near rodent droppings or burrows. Sleep in tents with floors, above ground or on a ground cloth.

For more information visit the Web site at www.elpasocountyhealth.org or call 578-3199.

Hypertension class — Do you have high blood pressure? Do you want to lower your risk of heart disease?

A hypertension class is presented every other Thursday from 10:30 a.m.-12:30 p.m. in the Mountain Post Wellness Center, bldg 1526. To register or for more information call 526-7022. The class is presented by Disease Management and Nutrition Care.

Post Traumatic Stress help — "LZ Calvary" is a small group Bible study and support group for veterans experiencing the effects of post traumatic stress disorder. Join a group of veterans who are experienced in combat-related problems and who have successfully dealt with the memories and effects of combat as we work through PTSD-related problems through the study of God's word, fellowship and group discussion. Meetings are held Mondays at 10 a.m. at Grace Brethren Church, 2975 Jet Wing Dr. Call Robert P. Schaffer at 390-8096 or 510-6009.

Alcoholics Anonymous — Alcoholics Anonymous meetings are held at the Colorado Inn, bldg 7301, room 203, at 7 p.m. Wednesdays. For more information call 322-9766 or 471-1625.

West Nile Virus precautions — Post residents should eliminate mosquito breeding sites on post by removing standing water in ponds, gutters, flower pots, cans, tires and puddles, as well as garden equipment, toys and pool covers. Water in birdbaths and wading pools should be changed weekly.

Dead birds should be reported to Directorate of Environmental Compliance and Management at 526-5141 during duty hours or military police at 526-2333 during nonduty hours.

Plague watch — The Directorate of Environmental Compliance and Management issued a plague watch July 20 as a result of excessive prairie dog die-off in several colonies near Butts Army Airfield and to the west along Wilderness Road. Until further notice, residents are advised to stay clear of the areas around Butts Army Airfield and Wilderness Road.

Plague is a disease transmitted primarily through the bite of infected fleas. Prairie dogs, wood rats and other species of ground squirrels and chipmunks can carry infected fleas. The fleas also move easily from wild animals to domestic pets.

Report dead animal findings to DECAM Pest Control at 526-5141 or the Wildlife Office at 524-5393/5394.

Claims against the estate — Those with claims of indebtedness to the estate of Sgt. Randle White, deceased, should contact 1st Lt. Christian Hasbach at 524-4441.

• Those with claims of indebtedness to the estate of Pfc. Nicholas A. Madaras, deceased, should contact 1st Lt. Jared W. Souder at 330-3547.

National Suicide Prevention Week

Suicide prevention is your business

by Rebecca E. Tonn
Mountaineer staff

If intervening for a friend or family member makes you feel uncomfortable — consider the alternative. “It’s a lot easier to ask someone if they’re thinking of hurting themselves than to wake up the next morning and find your friend (or family member) dead,” said Dr. Melissa Palani, chief of psychology at Evans Army Community Hospital.

There are many resources for help right here at Fort Carson. If you need a listening ear, you can call a chaplain. You don’t have to be religious. “I don’t preach.

“I care about people, regardless of their beliefs,” said Chap. (Maj.) Robert Williams, Fort Carson’s Family Life Chaplain.

Williams has extensive training in suicide prevention

counseling. Many a night Williams has sat with a distraught Soldier in the emergency room. He recommends that when someone confides in you, don’t act shocked — be as calm as you can. Have a compassionate ear. “Know your Soldier and watch for signs,” he said. Suicide can absolutely be prevented, according to Williams.

It is important to have a support system and get plugged in somewhere: attend chapel, spend time with friends and family or join a

group like BOSS (Better Opportunities for Single Soldiers). “Everybody needs a battle buddy — somebody you can sit down with and tell them anything,” Williams said.

If someone is suicidal, he or she is truly suffering and feels overwhelmed. They don’t need to be told to tough it out, Palani said. “We have Soldiers returning (from Iraq) with PTSD (Post Traumatic Stress Disorder), who have traumatic changes in their lives. They come in here because they’d rather be

healthy ... than have the emotional pain,” she said.

Group therapy for PTSD, started in 2003, has been phenomenally successful, according to Palani. “It helps them to talk with other Soldiers who have seen and done similar things,” she said. Sometimes Soldiers are afraid to talk to their spouses or family members, so group therapy helps them get back on their feet.

See **Suicide** on Page 20

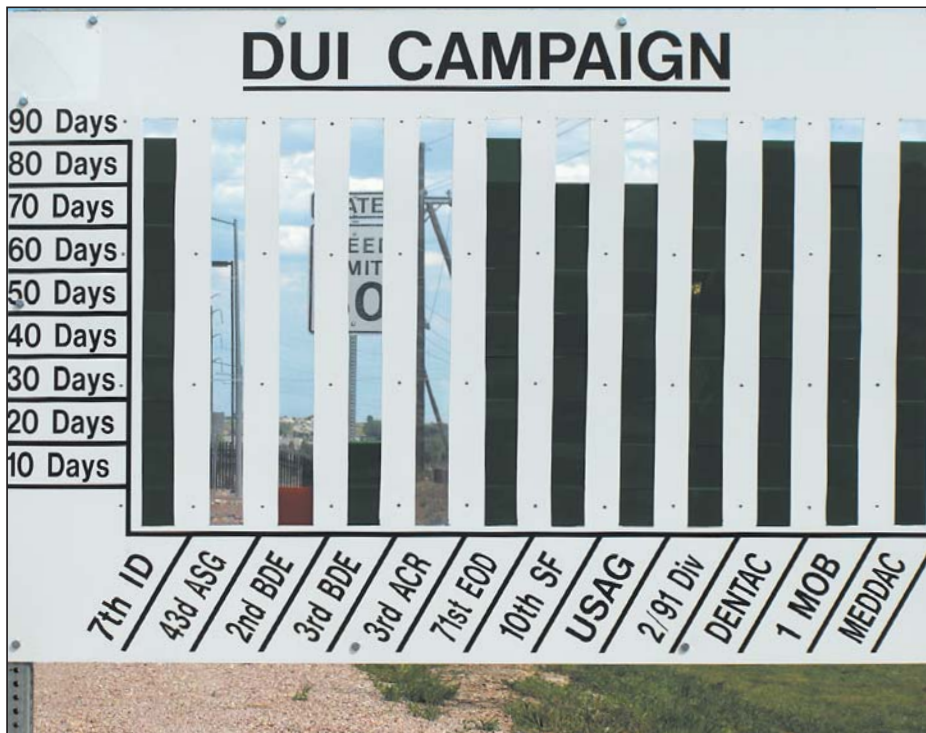
KNOW THE FACTS

- Fact:** 80 percent of completed suicides had given definite indications of their intention.
- Fact:** Suicidal people already have the idea. Talking about it may encourage them to seek help.
- Fact:** 95 percent are undecided about it. They call for help before or after the attempt.
- Fact:** Most suicides are carefully planned and thought about for weeks.
- Fact:** Most are suicidal for only a brief period. Timely intervention may save their life.
- Fact:** Most suicidal persons are not mentally ill. Severe emotional distress is not the same as mental illness.

KNOW THE WARNING SIGNS

- Breakup of a close relationship
- Witnessing death
- Financial stressors
- Drug or alcohol abuse
- New military assignment/deployment
- Rejection (job, promotion, significant other)
- Disciplinary or legal difficulty
- Discharge from treatment or from service
- Retirement

Courtesy of Desert Voice Magazine



How're we doing?

Signs near entrance gates give Mountain Post Team members a chance to see how they're stacking up in the battle to keep drunk driving down. For the month of August, civilians received two driving under the influence citations on post; 4th Infantry Division Soldiers received two DUIs on post, one driving while altered/impaired on post, and two DUIs off post; 43rd Area Support Group Soldiers received two DUIs off post; 3rd Armored Cavalry Regiment Soldiers received two DUIs on post; and 2nd Infantry Division Soldiers received seven DUIs on post, one DWAI on post and four DUIs off post. All other units received none for the month of August. Read upcoming editions of the Mountaineer for more DUI/DWAI statistics.

Courtesy photo

Taking the guesswork out of second opinions with TRICARE

by Mark Jecker

TriWest Healthcare Alliance

It's an iffy question — under what circumstances should patients seek second opinions?

At last, there are some definite guidelines to a sometimes difficult question.

In a new brochure, the U. S. Department of Health and Human Services' Agency for Healthcare Research and Quality encourages patients facing non-emergency surgery to do their homework about the procedure, facility and surgical team, and to get a second opinion.

The brochure, "Having Surgery? What You Need to Know," emphasizes the importance of patients and their families asking questions about recommended nonemergency surgery so they can understand what will be done and why.

Recommended questions include:

Why do I need an operation?

Would you explain the operation you are recommending?

Are there any alternatives to surgery?

What are the benefits/risks of having this surgery?

What are the hazards of not having this surgery?

How long will it take me to recover?

Where can I get a second opinion?

TRICARE beneficiaries, except active duty service members, are entitled to request a second opinion from another specialist. An active duty member must make a second opinion request through their command. Unlike Standard beneficiaries, Prime beneficiaries must first obtain a

referral from their primary care manager and an authorization from TriWest.

Obtaining a specialist's services without the proper referral and authorization makes a Prime beneficiary responsible for higher, out-of-pocket costs under the point of service option.

The "Having Surgery? What

You Need to Know" brochure is available on the AHRQ Web site: www.ahrq.gov/consumer/surgery/surgery.htm, or by calling (800) 621-4111.

Information about TRICARE benefits, referrals and authorizations is available at www.triwest.com or www.tricare.osd.mil, or by calling (888)TRIWEST.



Chapel

PWOC fall studies — Protestant Women of the Chapel meets Tuesdays from 9-11:30 a.m. at Soldiers' Memorial Chapel. Child care is provided free at the hourly day care center. Children must be registered with Child and Youth Services. Fall studies begin in September and include several selections. Contact Amy West for information on child care at 393-1390. For information on PWOC call Barb Styles at 598-0422. A special room for home schooled children is also offered.

New Protestant Communion service — The new Protestant Communion service, previously held at Prussman Chapel at 8 a.m. Sundays, has combined with the Protestant service at Provider Chapel at 9 a.m.

Protestant Sunday school — "Where Kids Dare to Live Their Faith" classes for all ages are under way. This year's program is musical, energetic and fast-paced. Two adult Bible studies are also being offered.

AWANA — AWANA teaches children that God is real and that He loves them. AWANA clubs give children clear guidance in a world full of conflicting messages. AWANA is an international, nondenominational organization with a goal to reach children with the gospel of Christ and train them to serve Him. The Fort Carson AWANA Club meets Thursday at Soldiers' Memorial Chapel from 5-7 p.m. Adult and teen volunteers are needed. For details call Stacy Chapman at 382-3970.

Catholic religious education — Classes are under way. Registration is ongoing at Soldiers' Memorial Chapel.

Chapel Schedule

ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/576-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Cartee/526-7387
Sunday	9 a.m.	Protestant Communion	Provider	Barkeley & Ellis	Chap. Mitchell/650-8042
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Zust/526-8890
Tuesday	7 p.m.	PYOC	Veterans'	Nelson & Martinez	Ms. Scheck/231-9511
Sunday	9 a.m.	Samoan	Veterans'	Titus	Chap. Pies/526-3888

JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

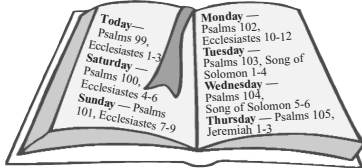
WICCA

Monday	6:30 p.m.	bldg 4800, corner of Harr and O'Connell	Rhonda Helfrich/338-9464
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NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akkita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

Daily Bible readings: To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



The Army Cycle of Prayer — The Army Cycle of Prayer is not available this week.

For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at www.usarmychaplain.com



Faith that's forged under fire

Commentary by Chap. (Capt.)

Ted Highthouse

*2nd Brigade Support Battalion,
2nd Infantry Division*

You may have seen those Marine Corps commercials on TV showing the grueling process their recruits go through to earn the title of United States Marine. One of my favorite ones, which aired several years ago, showed the process of taking red-hot metal and forging it into a sword worthy to be used by a Marine. What struck me was the visual picture of a strong and muscular hand and forearm swinging a hammer onto the steel as it was being forged, with huge sparks and hot smoke coming off the metal. I realized this picture was intended as an analogy for what it takes to become a Marine. It was through intense heat and fire that a simple piece of metal was formed into what would eventually become a finely polished sword worthy enough for a Marine to wear with a dress blue uniform. It is also through the intense "heat" of challenging training and defining moments during what the Marines call the final phase of basic training, "The Crucible," that tests the will and resolve of the recruit before being considered worthy enough to wear the title of United States Marine.

In my experience, the things that are dearest to us in life, and the moments and memories we cherish and treasure the most have come out of times when our faith is being forged under fire through painful adversity, trial, and tragedy. These events have derived the worth we attach to them because they

came at a dear price to us, perhaps costing us almost everything we had. When our faith is being forged under fire, God may not seem to make sense to us, and in fact, it could seem to some that He is ignoring our plea for intervention. Our faith is often forged by things we cannot control. I think of our service men and women who have been wounded in action while serving in the Global War of Terrorism.

Many now suffer under the intense heat of adversities they perhaps thought they would never have to face — a physical or mental disability, the heartbreaking loss and memory of a close friend killed in combat, an unexpected divorce, unending physical rehabilitation and speech therapy. They may be learning how to walk, read and write all over again, learning how to make use of one arm or one leg, learning to cope with and adjust to an altered facial appearance or getting reacquainted with their spouse and children who now seem like strangers. These are some of the things I saw, heard, and learned while taking a course for chaplains last summer at the Brooke Army Medical Center, located at Fort Sam Houston, San Antonio. I saw firsthand many Soldiers whose faith was being forged under fire. It is often a long, painful, and lonely process that seems to hold little reward for those who suffer. I wonder if or how their faith is helping them as they go through their personal crucible. And I wonder if or how they see God in the midst of their crucible.

In Hollywood, they celebrate all-American heroes like John Wayne, Clint Eastwood and Chuck Norris, who were self-reliant, who never gave much

reference to faith, and who at the end of the day always beat the bad guy and rode off into the sunset. I saw what I would consider real-life heroes who, unfortunately, didn't get to ride off into the sunset. I saw a hero suffer with burns over 70 percent of his body. I met a Soldier who spends hours every day doing rehab in the amputee clinic. I talked to many others who spend every day in counseling, doing physical therapy, trying to find a way to function and cope with reality — their reality. In my mind, these patients are the real heroes struggling daily to find a sense of identity and meaning for themselves, a reason to keep going. Many of these heroes suffer alone with no family encouragement or meaningful support system — other than their faith and a band of brothers and sisters they suffer with together. The support system these patients have with each other, the bonds and friendships formed were unlike anything I had ever seen before. For those Soldiers of faith, I wonder how they experience God in the midst of their situation.

So what does God have to do with this? What word can we derive from Him as we consider those who suffer? I believe that God is with us when our faith is being forged under fire. When I say that He is with us I mean exactly that ... maybe not tangibly, but definitely in the midst of our pain, our skepticism, our questions, our doubts, our cynicism, our anger and our confusion. We often try to understand why bad things happen to good people. Bottom line: roadside bombs and insurgent bullets are respecters

Suicide

From Page 13

"When they are in-country, they are too busy. When they come home, the demons come. Thank God they are alive and healthy enough to come in and work through the trauma. Our Soldiers are amazing. They are heroes," said Paliani.

When Williams does suicide prevention training classes, he stomps his foot to get his point across: "Don't make a moral judgment; don't leave them alone; and whatever you do — don't keep it a secret. They might get mad at you but better to have them alive."

For local suicide hotlines, call Fort Carson 526-7661, after hours 526-7964, Colorado Springs 596-LIFE, Pikes Peak Mental Health 635-7000, Cedar Springs Behavioral Health 633-4114.

Contact Williams at 526-8278.

For an anonymous self-assessment, go to: www.mentalhealthscreening.org.

Evans' Behavioral Health Dept., fourth floor, offers walk-in visits from 7:30 a.m.-4:30 p.m. and sick call sign-in from 7:15-7:45 a.m. Emergency help is available at Evans 24-hours a day, seven days a week. Contact Behavioral Health or Paliani at 526-7155/7661.

Faith

From Page 19

of no persons, including well-deserving Soldiers.

There seems to be a mystery as to how God ministers to us when we are going through our own crucible. I believe that our crucible can mold us and form within us a deeper reliance upon God. I believe that He has a purpose that He wishes to accomplish with in those who allow Him to. C.S Lewis once wrote that "pain is God's megaphone" to get our attention. It seems to take tragedy to get us to finally hear God's voice. That seems illogical, doesn't it? Shouldn't faith be a positive thing that inspires us to believe in God?

How many customers do you suppose God loses due to unfair events that plague many people or tragic and senseless events that happen to good and honest people? In the Army, we lose good Soldiers due to the dangers of the missions we are given, which must be fulfilled no matter how great the price. Mission failure is never an acceptable option for any command. Just one tactical error on the battlefield, or being at the wrong place at the wrong time, can mean death for a Soldier. Somehow in all of this, I believe that God is literally in the middle of everything we do, especially on the battlefield,

whether we realize it or not. The challenge of our faith is to believe that in spite of terrible circumstances, He hasn't abandoned us. To the Soldier taking cover from enemy fire in a hostile street in Baghdad, that may be the only hope he has to cling to.

I think about the incredible adversity military families face and the strain it must be on their beliefs to sit bedside with their wounded son or daughter ... they, too, suffer. The most memorable evening I had while on duty came when I was called on to provide end-of-life ministry support to a mother of a Soldier who had been a patient in the burn center for three months and had become septic. The doctor notified the parents that their son was expected to die that night. As I walked down the hallway to the waiting room where she was staying, I recall seeing the sister of this Soldier sitting on the hallway floor, weeping profusely. When I walked into the room, I noticed that the only person inside was the mother. She immediately recognized that I was a chaplain and began sobbing uncontrollably. I knew at that point there was absolutely nothing in the whole world I could say or do, except to just be with her. I could offer nothing except my presence. But, I realized that was all she wanted from me, just someone to share her grief. It was one of the darkest nights

of my life. But I could sense that God was with that family in the midst of its agony.

From a human standpoint, I see how we may feel alone as we walk the pathway of suffering. Many of the fires our faith is forged in are cruel, empty places that seem so impersonal and lonely. But, somehow, through the fire, I believe our faith helps us to find a purpose and a way to keep going and living, with or without meaningful support.

I was privileged to have walked with many, who in spite of their trials, held onto faith, hope and purpose, with a will to live and a refusal to give up on God. When our faith is being forged under fire are we willing to accept our adversity and resolve within ourselves to trust an unseen God to help us get through to the other side, no matter what it takes? The answer to that question is something that I believe only our faith can help us to discover. From a human standpoint, the mysteries of God and the whys of life rarely make much sense to us. But from the perspective of faith, I believe that we who have entrusted our lives to God can find a strength and peace to continue living in spite of pain, burning anger and unfairness we feel. These are the fires our faith is forged in, painful, yet for purposes known only to Him and to those whom He chooses to reveal them.



Chap. (Col.) James Ellison zips down the Zip Slide with daughter Jami.

Trail West Weekend

by Chap. (Col.) James A. Ellison
Installation Chaplain's Office

Family vacations can sometimes be more stressful than one would expect. Travel, expenses, time-zone changes, distractions, such as phones, TV, video games and a host of little issues compete for the attention of different family members.

The whole point of a family vacation is to spend quality time together. Trail West Young Life Family Camp near Buena Vista became the answer for a true family getaway for many Fort Carson Soldiers and their family members over Labor Day weekend. For four days, 25 families had all the frustrations of a typical family vacation removed and were able to get that coveted quality time together. Because of generous anonymous donations, only a minimal registration fee was required. The staff of Trail West cared for the

families in such an attentive manner that all families got to relax with no stress. All events and programs were staffed so that no child or adult had to sit on the sidelines. There were mountain hikes, trail rides on horseback, pony rides for the young ones, a family rodeo, wrangler breakfasts, children and adult clubs, a buffet by the pool, picnicking in the pines, wall climbing and ropes confidence course, square dancing and private-pond trout fishing.

All of this was at no cost to the families with first-class service and support at every meal and event. For example, on the mountain hike, small children were carried to the top of the continental divide by staff members so that all families could have a mountain-top experience.

The weekend was so packed full of activities that it gave the impression that it was actually a full week. As one family member said, "It lifted our spirits and was spiritually uplifting."



Horseback riding in the mountains was one of the many activities at Trail West.



Millie McGurry carries an egg on a spoon as part of the family rodeo.



Sunday evening was the time for a group square dance.



Jami Ellison is joined by her friends Aryanna and Karisia Hiatt for some fun in the pool.



Patrick Robertson tries to fill a bucket from a can held on his head during the family rodeo.



Konner and Kelly Kowalski help Kael hold the bucket on his head at the family rodeo.



The picnic by the pool was typical of the meals served at Trail West.



The shovel-pull obstacle course was one of the many events at the family rodeo.



Out & About

September 16 - 22, 2006

Proudly Brought to You by Your Fort Carson Directorate of Morale, Welfare and Recreation
Visit us at www.ftcarsonmwr.com



2006 FALL FEST

TRAVELING Medicine Show

TURKEY CREEK RANCH

23rd of September
10 a.m. til 4 p.m.

Activities:

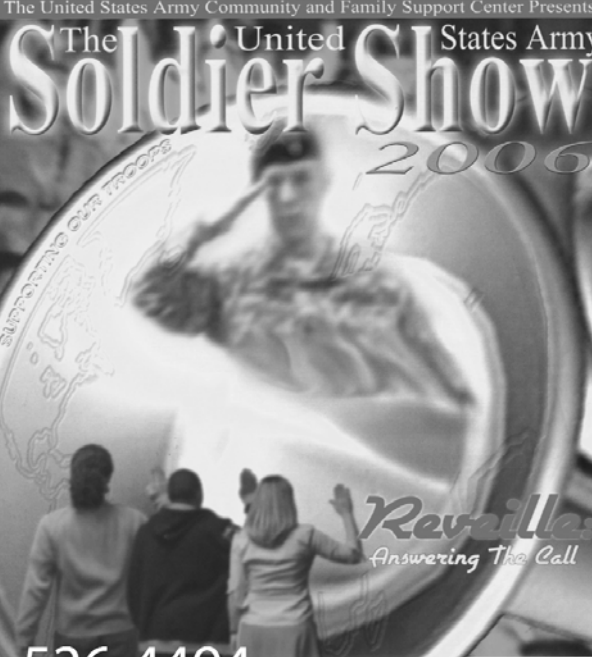
- Illusionist
- Palm Reading
- Kids' Crafts
- Pony Rides
- Music Show
- Magic Show
- Juggling
- Target Shooting
- Traveling Human Circus
- Food & Beverages
- Hay Rides

For more information: 526-4494

FREE ADMISSION - nominal charge for some activities

The United States Army Community and Family Support Center Presents

The United States Army Soldier Show 2006



Reveille
Answering The Call

526-4494

An Army Entertainment Production

at&t MWR NATIONAL GUARD

No Federal Endorsement Implied

Time & Date: 7:00 p.m. - Saturday, 30 Sept., and 2:00 p.m. - Sunday, 1 Oct.
Location: McMahon Theatre - No tickets required. FREE and open to the public.

CRIPPLE CREEK

GETAWAY TRIP



September 23rd

\$10 adult, \$8 child
(adults 15 yrs. and older, children 12 yrs. and under)

Bus departs at 8am from ODR

For information: 526-5366

Maroon Bells/Aspen Colorado

FALL COLORS PHOTOGRAPHY TRIP

With local photographer John Shaffner


Dates:
Friday Sept. 29 - Sunday Oct. 1st

Cost: \$125
Includes daily photography instruction and seminars, transportation, food, tent camping sites, guided day hikes and unparalleled views!

The Maroon Bells, located near beautiful Aspen, Colorado, is known for vibrant fall colors surrounding breathtaking vistas.

Local professional photographer John Shaffner will accompany us on this unique trip to offer tips and techniques to help you capture beautiful pictures. His professional insight and vast knowledge of the local area are sure to make this a trip to remember.

Grab your digital or film camera and a pair of hiking shoes, and get ready to capture one of Colorado's best treasures on film!



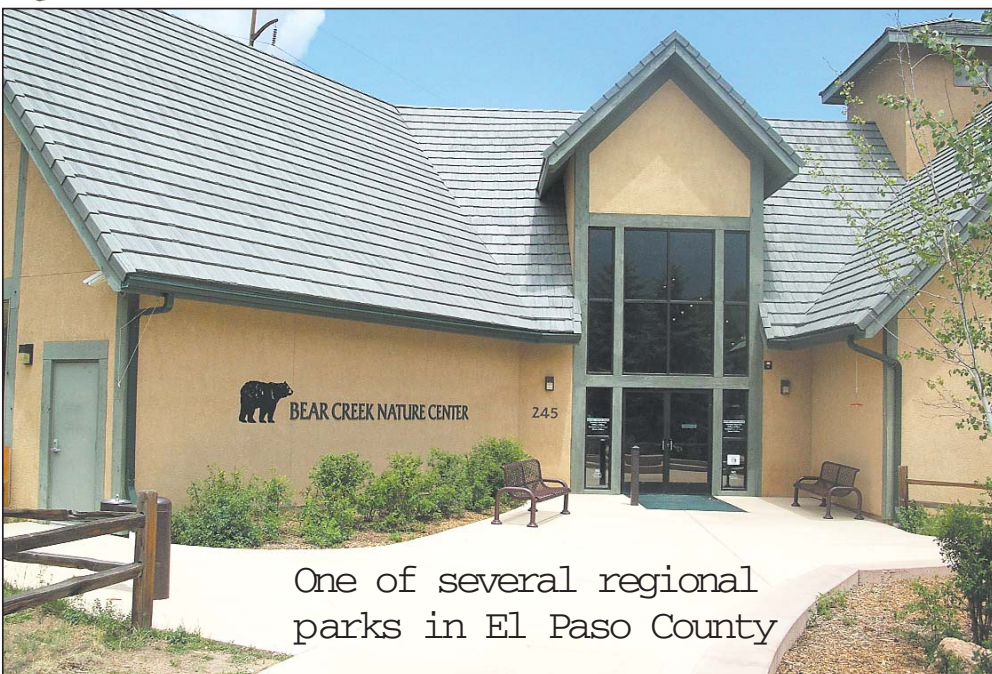
Trip hosted by APE
Point of Contact: Trevor McConnell
526-5176

MWR NATURE PROGRAM EDUCATION



Bear Creek Park

Harpoeinis



One of several regional parks in El Paso County

The nature center at Bear Creek Park houses several interactive displays, regional wildlife exhibits and views of the park and birds. Several nature trails are nearby.

Story and photos by Nel Lampe
Mountaineer staff

Bear Creek Park is one of five regional parks in El Paso County and is open to all residents. Bear Creek Park is in the western part of Colorado Springs.

In the early '70s some citizens became concerned that open space was being left to development. The County Park and Recreation District came into existence and several parks and athletic fields were built.

Bear Creek Park was created when El Paso County Commissioners donated 400 acres.

Colorado's first nature center was built at Bear Creek Park. It was known as the Solar Trails Center and provided information to visitors about the park's ecosystem. It was later renamed Bear Creek Nature Center.

The original nature center was burned a few years ago, but the new nature center is better than ever, with large windows with great views of the foothills, wildlife, trees and nature trails.

The nature center houses interactive

exhibits and displays about regional wildlife, nature and history of the area. There are telescopes, an exhibit about coyotes and another about bears.

One of the more unusual exhibits in the nature center is a bee hive, designed with glass walls so visitors can watch the bees at work.

As this month is national honey month, a special honey Harvest Open House is set for Sept. 23, from 10 a.m.-2 p.m. Participants will be able to watch beekeepers extract honey, learn about honeybees and participate in crafts. The fee is \$3 and reservations are required.

Other September events include a fall color walk Sept. 30, from 10-11:30 a.m. The fee is \$2, reservations are required; call 520-6387.

A special room houses educational classes and community meetings. Sometimes educational or historic lectures are scheduled, which may have a small fee and require reservations. Subjects addressed include wildlife, birds, rocks, geology or local history.

The park is filled with large cottonwood and pine trees, as well as native grasses, grassy meadows, scrub oak and a running



A family group enjoys a picnic lunch near Bear Creek Nature Center.



The bee hive in Bear Creek Nature Center will be part of the honey harvest Sept. 23.



Places to see in the Pikes Peak area.

Sept. 15, 2006

Bear

From Page 25

creek. There are four miles of picturesque hiking trails in the park, which range from easy walking to moderate. The trails may be used from dawn until dark, although the nature center is only open Tuesday to Saturday from 9 a.m. to 4 p.m.

Bear Creek Park is a large park and includes an archery range, basketball courts, a sand volleyball court, playground equipment and picnic pavilions. There's also a dog park.

There's a lot of history in the Bear Creek Park area. Ute Indians once who fished in the creek and hunted in nearby hills.



Chris Kelley uses a telescope at an interactive exhibit at Bear Creek Nature Center.

Gold prospectors looked for gold in the area and many people attempted to climb Pikes Peak.

In early 1901 Bear Creek Canyon became important in local history when the Cripple Creek District Railroad began constructing a railroad. Investors wanted to get gold ore from Cripple Creek mines to the gold mills in Old Colorado City the shortest, cheapest way. The shortest possible route from Cripple Creek to the mills was through Bear Creek Canyon. Since other railroads brought the ore from Cripple Creek to Old Colorado City mills via Ute Pass — now Highway 24 West, the shorter route through Bear Creek could be more profitable. The completed railway was called the "Short Line."

Because the ride to Cripple Creek on the Short Line was very scenic and relatively short, the train became very popular with local citizens. Passenger and excursion cars were added to the ore trains.

President Theodore Roosevelt once rode the Short Line Railroad and was said to have remarked "This is the trip that bankrupts the English language."

But the presidential endorsement couldn't keep the railroad in business.

Cripple Creek gold mine production began to wane; there was less ore to be hauled to gold mills in Old Colorado City.

World War I had an effect on tourist trade and fewer people took railroad excursions. The Short Line Railroad went bankrupt.

W. D. Corley, a local citizen, decided to turn the railroad bed into a toll road. With the popularity of the automobile for travel, Corley charged \$1 for each adult and 50 cents for children. He operated the toll road for 15 years.

The road was opened for public use in 1940 and renamed Gold Camp Road. It was popular with tourists and local citizens as the shortest



Children learn about wildlife through stuffed toy animals and by touching footprints and bones.

route to Cripple Creek and Victor. Gold Camp Road was accessed near Helen Hunt Falls in North Cheyenne Canon Park.

About 20 years ago one of the old Short Line Railroad tunnel collapsed and was closed to vehicular traffic, along with that portion of Gold Camp Road.

The remainder of Gold Camp Road can be accessed by taking Old Stage Road behind the Broadmoor Hotel. Motorists still drive over the former railroad bed to reach Cripple Creek, but it's a rough ride.

To reach the Bear Creek Nature Center, take Interstate 25 to the Cimarron Exit, then take Highway 24 West to 21st Street. Head south on 21st Street to Lower Gold Camp Road and turn west. Follow Lower Gold Camp Road to Bear Creek Road and follow signs.



Above: An exhibit about area wildlife features a bear and a fox. **Right:** A fox looks out from its den.



There are several miles of scenic trails near the Bear Creek Nature Center.

Just the Facts

- Travel time: half an hour or less
- For ages: families
- Type: park, nature center
- Fun factor ★★★★★
(Out of 5 stars)
- Wallet damage: free
\$ = Less than \$20
\$\$ = \$21 to \$40
\$\$\$ = \$41 to \$60
\$\$\$\$ = \$61 to \$80
(Based on a family of four)

Get Out!

Special military days at the zoo

Cheyenne Mountain Zoo has special admission for Soldiers and families Sept. 16-17. Soldiers and families are admitted for \$2 with military identification. Cheyenne Mountain Zoo is southwest of the Broadmoor Hotel. Take Highway 115 north to Lake Avenue, go west on Lake to the Broadmoor Hotel and go right, following signs.

Academy concerts

The Air Force Academy concert season includes the Five Browns Sept. 22; "I Can't Stop Loving You," Oct. 13; The Lettermen's Christmas Show, Dec. 1; Bill Engvall, Feb. 10; "Wonderful Town," March 3; and Chip Davis and Mannheim Steamroller, May 4. Contact the Academy box office at 333-4497 for information. Shows are in Arnold Hall Theater.

Folk Art Festival

The 28th annual "Country Christmas" Folk Art Festival is at the Rock Ledge Ranch Historic Site today, Saturday and Sunday, featuring 200 artists. Products for sale include folk art, jewelry, art, clothing, decorations, furniture and more. Food vendors are on hand and visitors may also tour the farm and

historic houses. Hours are noon-6 p.m. today, 9 a.m.-6 p.m. Saturday and 10 a.m.-4 p.m. Sunday. Admission is \$6 for adults and \$2 for children. Rock Ledge Ranch is off 30th street, next to Garden of the Gods entrance.

Fall Fest

The annual Fall Fest is at **Turkey Creek Ranch** Sept. 23 from 10 a.m.-4 p.m. This year's theme is a traveling medicine show, with palm reading, magic, juggling and a traveling human circus. There'll be target shooting, hay rides and pony rides. Entry is free, but there's a small charge for some activities. For more information call 526-4494.

Soldier Show

The Soldier Show will be in McMahon Theater Sept. 30 at 7 p.m., and Oct 1, at 2 p.m. Entrance is free, and tickets are not required. The Soldier Show is made up of talented Soldiers who have competed for positions as performers. The Soldier Show performs at Army posts around the world.

Chile fest

The Chile and Frijoles fest in Pueblo is Sept. 22-24. There's also a Chili and Salsa Showdown for noncommercial entries Sept. 24 in the categories of red chili, green chili and salsa, held at the convention center. Pick up an entry form at the Pueblo Chamber of Commerce, 302 N. Santa Fe Ave. and turn it in by Wednesday. Call (719) 542-1704 for information. Peppers grown in the Pueblo

area are featured at the fest, along with other foods, music, dancing and an art show in the nearby convention center. A mercado with living history presenters will be on El Pueblo museum grounds. There's free admission. The fest is in the downtown Pueblo area.

Improv comedy

Colin Mochrie and Brad Sherwood, of "Whose Line is it Anyway," present an evening of improvisational comedy Oct. 20 at the Pikes Peak Center, 190 S. Cascade. Call 520-SHOW for information and tickets.

Fine Arts Center theater

"I Love You, You're Perfect, Now Change," a presentation by the Fine Arts Center's Repertory Theater, opens Sept. 29 in the theater at 30 W. Dale St. Productions are Fridays and Saturdays at 8 p.m., and Sundays at 2 p.m. Tickets are available at the box office, 634-5583. The production runs through Oct. 22.

Oktoberfest

The annual Oktoberfest at Norris Penrose Stadium is Sept. 28-30 and Oct. 6-7, and features German brats, beer and live oompah bands. Activities for children include jump houses and face painting. Admission is free for military, \$5 for adults and anyone under 21 gets in free. Norris Penrose Stadium is at 1045 W. Rio Grande St., between 8th and 21st streets. There's free parking. Call 635-1101, ext. 2 for more information.



Photo by Sgt Clint Stein

Military days at the zoo

Soldiers and their families enjoy feeding giraffes at the Cheyenne Mountain Zoo during last year's Military Appreciation days. For \$2 each, military and family members are admitted to the zoo Saturday and Sunday, between 9 a.m.-5 p.m. The zoo, at 4250 Cheyenne Mountain Zoo Road, is near the Broadmoor Hotel. Call 633-9925 for information.

Buster's Baghdad

by Maj. James D. Crabtree



SPORTS & LEISURE

Youth soccer season begins on post

Story and photos by
Walt Johnson

Mountaineer staff

The 2006 fall soccer season began on post Saturday with all the enthusiasm that a new season brings. Young athletes and their coaches spread out all over Pershing Field on post to get the season under way at 10 a.m. There was some exciting action for a first-day event.

The fall season is scheduled to run until the end of October, which will be plenty of time for the young athletes to soak up all the knowledge their coaches can give them and burn up all the excess energy young players possess.

As excited as the players were to begin the season, the coaches of the teams were just as excited after the game as they watched the efforts of the pre-season practice play out on the soccer pitch.

One of those coaches, Erin Smith, said she was excited to see how well they played as a team and understood what was taught to them over the past few weeks.

"I was proud of the way they kicked the ball toward the right goal and continued to play without stopping. They

also played without being afraid of the ball, and I thought that was good. I was really pleased that a lot of the offense we taught them — they were doing on the field today. I think the team played really well, and they started to look for each other and pass to each other using the techniques we teach in practice. They did very well in recognizing what they needed to do and how to play with their teammates," Smith said.

Maria Runyon was also very proud of her team as the work the coaches did played out well on the field. "They played wonderful today. We were working with them to keep trying and keep going after the ball, and they did that today. They did a great job of spreading out and knowing their positions and staying on their side of the field," Runyon said.

Blue Stars coach Teresa Sons said she also was impressed with how her young charges played. "They played awesome; they got out on the field and ran their little hearts out. They played so great, and I was so proud of my Blue Stars team. The one thing I was most impressed with was they knew what goal was ours, they did everything they could to get the ball where it needed to be and had a great time playing the game," Sons said.



Daniela Clark, left, gives her daughter Adriana Clark a congratulatory hug after the young athlete completed her soccer game Saturday at Pershing Field.



Youth center soccer player L'Trel Sterling, left, makes a move around the opposing goalie and scores a goal during action Saturday at the post youth soccer fields.



Melissa Paliani checks on her daughter Leah Nowak after the young athlete tweaked her ankle during youth soccer action Saturday at Pershing Field.

On the Bench

Mountain Post helps cancer research group

**Story and photos by
Walt Johnson**

Mountaineer staff

It was a sight to make you swell with pride, and at the same time make you realize just how fragile life is.

Thousands of runners and walkers, young, old and in-between, met at Ironhorse Park on post Sunday to participate in the annual Susan G. Komen Race for the Cure, the benefit run that raises money and awareness of the deadly disease of breast cancer.

The people participating in the event, both as volunteers and athletes, range from newborn children to the elderly. They have in one way or another dealt with the effects of breast cancer on someone they love or are determined to help find a cure for the disease.

The military community recently lost a general officer, former Army and Air Force Exchange leader Maj. Gen (ret.) Kathryn G. Frost, who lost her

battle with the disease just a few weeks ago. Many other people in the crowd could be seen with the names of loved ones they have lost on their shirts as they joined in the race to find a cure for the disease. Even those who have not lost loved ones, but are still determined to find a cure for the disease, were out running, walking or volunteering to make the day a success.

Fort Carson has been the home for the run the past three years, and the military presence and caring was evident all over the post as many people lent a hand to ensure the day would be successful. One of those people, who put on her uniform and patiently handed out refreshments to the returning runners, was Maj. Nina Britton, 7215th Medical Support Group, Aurora, who came out to volunteer for an event that was almost very close to home for her.



Photo by Walt Johnson

Cure support

Keely Sjellman, second from left, Maj Nina Britton, second from right and 1st Lt. Lashanda Stephens, 7215 Medical Support Group, were among the many volunteers that helped out during the Susan G. Komen Race for the Cure event held Sunday at the Mountain Post.



Photo by Walt Johnson

Run to daylight

Michael "MyMy" Mason looks to turn the corner and run upfield during youth football action Saturday at Skyview Sports Complex in Colorado Springs. Mason scored the team's two touchdowns but the host youth team lost the game 14-13.

Bench

From Page 32

"I volunteered to do this because I was involved in a bit of a scare myself this year when it was thought I had breast cancer. Fortunately it wasn't (cancer), but it was at that point I began to be more aware of the disease and became an avid volunteer for this event," Britton said.

Britton said it is not unusual for the military to be involved with a project like the race for the cure because service is what the military men and women dedicate to when they join the nation's military.

"I think it's important for people to know that the military is not just involved in the conflicts in Iraq and Afghanistan, we are also involved in our local communities, supporting events that are important to that community. This is definitely one of those events that supports the local community, and I am very happy that I can be a part of this event," Britton said.

The Colorado Rockies and Qwest will present Qwest Military Day at Coors Field on Sept. 28.

The Rockies will be hosting the Los Angeles Dodgers in a 1:05 p.m. game that will feature

special pre-game festivities, including a parade, flyover, national anthem, color guard and ceremonial first pitch — all performed by uniformed military personnel and veterans. Additionally, commemorative dog tags will be handed out to the first 5,000 fans, compliments of "America Supports You."

According to the organizers, uniformed military personnel and veterans will be offered complimentary tickets and have the opportunity to participate in a pre-game parade.

Also, additional tickets are available for family and friends for only \$6 each. Regular price is up to \$28, based on availability.

To order tickets call Bobby Dicroce at (303) 312-2486. You can also fax an order by calling (303) 312-2219, e-mail orders to dicroceb@coloradorockies.com, or submit mail orders to CRBC, 2001 Blake Street, Denver, CO 80205, Attn: Bobby Dicroce.

All orders received by Sept. 15 will be mailed. For all late orders, tickets will be available for pickup only at the Coors Field will call windows on Blake Street between 20th and 21st streets. Picture identification will be needed to pick up your tickets at the Coors Field will call window.

Week 2 Football

College

1. Nebraska vs. USC
2. Florida vs. Tennessee
3. LSU vs. Auburn
4. Iowa State vs. Iowa
5. Michigan vs. Notre Dame
6. Clemson vs. Florida State

Pigskin Picks



Rick Broaddus
4th Eng Bn/FSC

1. Nebraska, 2. Florida, 3. Auburn,
4. Iowa, 5. Notre Dame, 6. Florida State, 7. Panthers, 8. Eagles,
9. Broncos, 10. Falcons, 11. Cowboys,
12. Patriots, 13. Saints, 14. Seahawks,
15. Bills, 16. Steelers



James Kostich
HHC 43rd ASG

1. Nebraska, 2. Florida, 3. LSU,
4. Iowa State, 5. Notre Dame,
6. Florida State, 7. Panthers, 8. Eagles,
9. Broncos, 10. Falcons, 11. Cowboys,
12. Patriots, 13. Saints, 14. Seahawks,
15. Dolphins, 16. Steelers



Anthony Ringold
Command Center Div West

1. USC, 2. Florida, 3. Auburn,
4. Iowa, 5. Notre Dame, 6. Florida State, 7. Panthers, 8. Eagles,
9. Broncos, 10. Falcons, 11. Cowboys,
12. Patriots, 13. Saints, 14. Seahawks,
15. Dolphins, 16. Steelers



Nicole Trumpfeller
Family Member

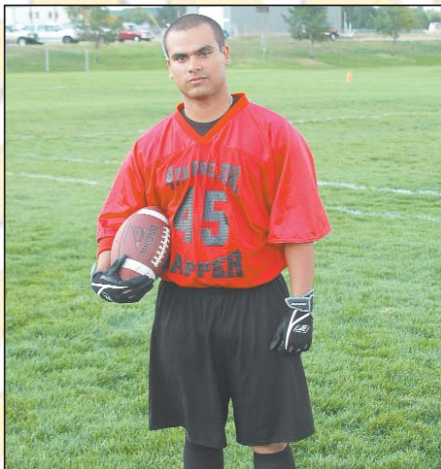
1. Nebraska, 2. Florida, 3. LSU,
4. Iowa, 5. Notre Dame, 6. Florida State, 7. Vikings, 8. Eagles,
9. Broncos, 10. Falcons, 11. Cowboys,
12. Jets, 13. Saints, 14. Cardinals,
15. Bills, 16. Jaguars

NFL

7. Panthers vs. Vikings
8. Giants vs. Eagles
9. Chiefs vs. Broncos
10. Buccaneers vs. Falcons
11. Redskins vs. Cowboys
12. Patriots vs. Jets
13. Saints vs. Packers
14. Cardinals vs. Seahawks
15. Bills vs. Dolphins
16. Steelers vs. Jaguars



Mountaineer **Athlete of the Week**



Michael Ortiz

Sports Position: 1st Mobilization Unit Football Player

What got you started in sports?

I got my first ball, bat and glove for Christmas when I was six years old. At the age of 12, I started playing football, and that is what got me started in sports.

What is your proudest personal moment in sports?

When I was in high school, we got together and had fund-raisers to raise money for the sports program at my high school in Florida. We did a couple of car washes and spent some time visiting some nursing homes.

What is your best moment in pro sports and why?

My best professional sports moment was two years ago when the Philadelphia Eagles (my favorite football team) was able to make it to the Super Bowl and came very close to beating the New England Patriots that day. The Eagles have been my favorite team since I was a kid, and it felt good to be able to see them get to the big game even though they lost.

Mountaineer Sports Feature

Middle school softball

A member of the Carson Middle School girls' softball team delivers a pitch during practice recently on post. The girls team is currently playing against other middle school teams in the Widefield area. The remaining schedule for the Lady Eagles, with all games starting at 4 p.m., is as follows: today — Carson vs. Sproul at Pinello Elementary; Sept. 21 — Carson at Fountain Middle School; Sept. 22 — Carson vs. Sproul at Pinello Elementary and Sept. 29 — Carson vs. Sproul at Pinello Elementary.



Photo by Walt Johnson

Army officer seeks women's wrestling title

Story and photo by Walt Johnson
Mountaineer staff

An Army medical services officer recently made history in a new sport called beach wrestling when she earned the United States 154-pound-and-below championship in Florida in August.

Leigh Jaynes, a Medical Service Officer assigned to the 5502. U.S. Army Hospital in Aurora, defeated seven opponents to capture the first-ever women's beach wrestling title in this country. Jaynes said being able to compete in a groundbreaking event like beach wrestling was a challenge she couldn't pass up. That she won the event was a feather in the cap for a person who took up the sport of wrestling in high school because of a challenge from her band coach. It's even more of an accomplishment when you consider it didn't look like wrestling was something she should make any long-term plans to compete at.

"I started wrestling in my senior year in high school (1999) because my band teacher said I wouldn't make it as a wrestler. I lost a lot in high school but I stayed with it because I wasn't very good, at it. I'm the type of person that will stay with something until I get good at it, and I won't be satisfied until I figure it out," Jaynes said.

Jaynes went to college and progressed so much at the sport that she ended up being ranked fourth in the nation in her weight class by the time she finished college. Since then, Jaynes has looked to



Leigh Jaynes ponders her wrestling maneuvers during a break in a practice session Friday.

progress in the world of wrestling and now has her sights set on making the 2008 Olympic team. But first, there is the matter of training and getting better at what she does, and beach wrestling gave her the opportunity to try something new while continuing to train for her goal.

"My training regimen is working out two

times a day, six days a week, and that helped me be mentally ready to do the beach wrestling competition. Going into the competition, I developed a strategy to stay on my feet, work the ties and snap downs and work the push outs. I am physically in shape to wrestle anyone, so it becomes a matter of developing a strategy, so I don't give up something silly when it was just a matter of me staying up, tie up or snapping down," Jaynes said.

Jaynes is now turning her attention to winning the world beach wrestling championship later this year. She will be going to train with national team members in Puerto Rico in hopes of improving her strategy and perfecting her game for the traditional mat wrestling that she will need to earn a spot on the 2008 Olympic team.

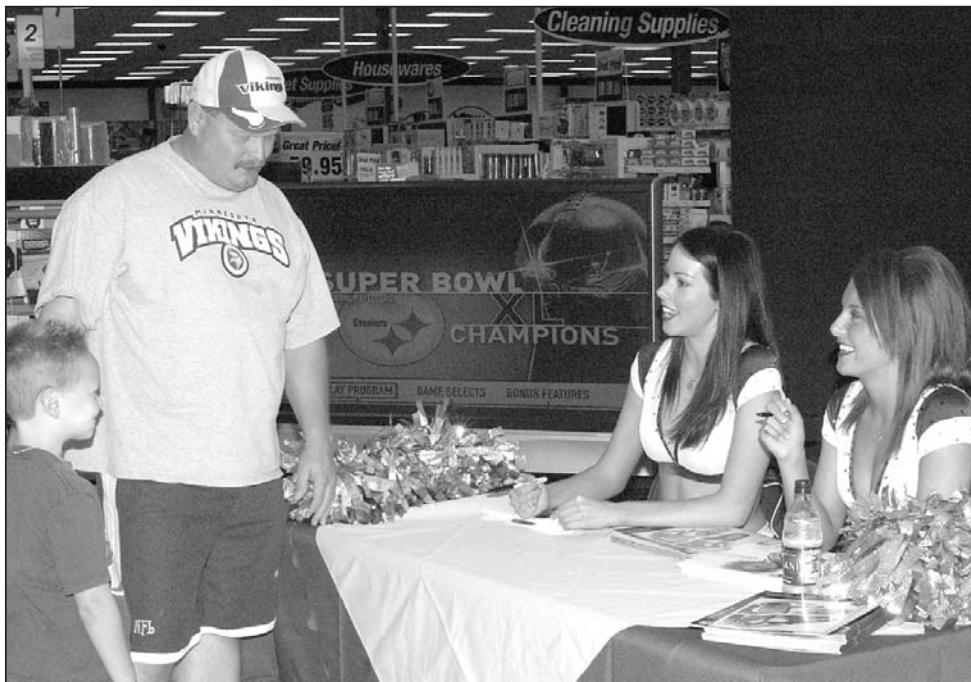
"Now that I am going for the world championship, I know I'm going to have to get in the sand a little bit and practice more at wrestling in sand. I am going to go to Puerto Rico and train with some of their Greco guys who are not going to the world championships.

I want to work with the Greco-Roman guys because I'm not going to be going down to the dirt and taking a lot of single points. I want to dominate the upper body. Since I am going to be going against larger girls, some of whom can be 20 pounds heavier than me, I need to work on tying up my opponent, moving her and hopefully dominate the match using upper body techniques," Jaynes said.

Mountaineer Sports Feature

NFL visit

Minnesota Vikings cheerleaders Laura, left, and Melissa, right, (last names are withheld for security reasons) talk with post family members Michael Price, second from left, and his son, Matthew, during the cheerleaders' visit to the Mountain Post Friday at the post exchange. The cheerleaders were here as part of a campaign by the National Football League and the Vikings to meet and thank the troops for their service to our nation. Laura, who is a team captain for the cheerleaders, said it was great to be able to come out and meet and greet the Soldiers, and that this is one of the things they enjoy about being cheerleaders for the Vikings.



Mountaineer Intramural Sports



Season begins

Nate Sonnier, 1st Mobilization quarterback, with the ball, fakes a handoff to Anthony Ringold, before firing a pass down field during intramural football action Monday at the Mountain Post Sports Complex. The intramural season will run each Monday, Tuesday and Wednesday at 6 and 7 p.m. until the end of October. There will be two leagues, the American and National, as teams square off to win the post championship.

Photo by Walt Johnson